



Egg Mug Burger-rama



Entire recipe: 205 calories, 2.5g total fat (0g sat. fat), 1,040mg sodium, 15g carbs, 3.5g fiber, 6.5g sugars, 28g protein

Prep: 5 minutes **Cook:** 5 minutes or less

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Ingredients

- 1 frozen meatless hamburger-style patty with 100 calories or less
- 1/2 cup fat-free liquid egg substitute
- 1 slice fat-free American cheese, chopped
- 1 tbsp. ketchup

Directions

Microwave burger patty on a microwave-safe plate for 1 minute, or until thawed, and then chop.

Spray a large microwave-safe mug with nonstick spray. Add egg substitute, chopped burger patty, and cheese, and stir well. Microwave for 1 minute.

Stir and microwave for 1 more minute, or until set. Stir, top with ketchup, and enjoy!

MAKES 1 SERVING

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